

## CLAIMS

I Claim:

1. A hockey training system, comprising:  
a base usable by a user as a slide board in a sliding position; and  
a pair of platforms positionable upon said base in either a plyometrics position  
or a stepping box position.

2. The hockey training system of Claim 1, wherein said base includes an outer  
perimeter defining a floor.

3. The hockey training system of Claim 2, wherein said floor is comprised of a  
slippery material.

4. The hockey training system of Claim 3, wherein said floor is comprised of  
plastic.

5. The hockey training system of Claim 1, wherein said pair of platforms each  
include a pair of outer legs thereby angling said pair of platforms inwardly in a  
plyometrics position.

6. The hockey training system of Claim 5, wherein said pair of platforms each  
include a pair of inner legs to create a stepping box position.

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3           7. The hockey training system of Claim 6, wherein said legs are attachable to  
4 said base by a plurality of pins extending through said base and a lower end of said  
5 legs.

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8           8. The hockey training system of Claim 1, wherein said base includes an outer  
9 perimeter defining a floor, a plurality of angled slots within an interior portion of said  
10 outer perimeter, and a pair of end members removably positionable within said angled  
11 slots for defining a sliding area upon said floor for a user performing a sliding  
12 exercise.

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15           9. The hockey training system of Claim 1, including at least one cover member  
16 positionable upon an upper portion of said base for a user to stand upon and a shooting  
17 member for allowing a user to practice shooting hockey pucks upon while standing  
18 upon said at least one cover member.

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21           10. The hockey training system of Claim 9, including at least one reserve unit  
22 positionable upon an end of said base, wherein said at least one reserve unit is  
23 designed to retain and dispense a plurality of pucks.

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26           11. The hockey training system of Claim 10, wherein said at least one reserve  
27 unit includes a side opening for allowing a user to remove hockey pucks from said at  
28 least one reserve unit.

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2           12. The hockey training system of Claim 11, wherein said at least one reserve  
3 unit includes a curved portion connected to said side opening for assisting in guiding  
4 hockey pucks from said at least one reserve unit.  
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7           13. The hockey training system of Claim 12, wherein said at least one reserve  
8 unit is comprised of a pair of reserve units positionable upon opposing ends of said  
9 base.  
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12           14. The hockey training system of Claim 9, including a net positionable at an  
13 end of said shooting member.  
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16           15. The hockey training system of Claim 9, wherein said shooting member has  
17 an upper slippery surface.  
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20           16. The hockey training system of Claim 9, wherein said shooting member has  
21 an outer edge.  
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24           17. The hockey training system of Claim 9, wherein said at least one cover  
25 member is comprised of a pair of cover members.  
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28           18. A hockey training system, comprising:  
29           a base usable by a user as a slide board in a sliding position;

1           at least one cover member positionable upon an upper portion of said base for a  
2 user to stand upon; and

3           a shooting member for allowing a user to practice shooting hockey pucks upon  
4 while standing upon said at least one cover member.

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7           19. The hockey training system of Claim 18, including at least one reserve unit  
8 positionable upon an end of said base, wherein said at least one reserve unit is  
9 designed to retain and dispense a plurality of pucks.

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12           20. The hockey training system of Claim 19, wherein said at least one reserve  
13 unit includes a side opening for allowing a user to remove hockey pucks from said at  
14 least one reserve unit.